NOTTOWAY COUNTY PUBLIC SCHOOLS
TRANSITION TO SUCCESS

February 2026 Vol. 1, Issue 6

Welcome to the 6th Edition of the NCPS Transition to Success Newsletter!
Each month, we highlight a key life skill to support students as they grow into independent, confident, and capable young adults.
For February, our focus is on **Communication and Social Skills.** Strong communication skills help students build relationships, express needs, and participate confidently at school, home, and in the community. Social interactions, both simple and complex, are essential for independence, employment, and daily life.
Families play an important role by modeling positive communication, enouraging practice, and providing safe opportunities for students to interact with others. Patience, repetition, and encouragement help build confidence over time.

Theme of the Month: Communication and Social Skills

💻 Resource Spotlight

I'm Determined

I'm Determined supports students with disabilities in building self-determination, communication, and self-advocacy skills. Activities on the website help students learn how to express their needs, make choices, and participate in conversations.
Scan below for more information

At Home Activities:

☀️ **Elementary School**
Practice greeting others using simple phrases like "hello."
Role-play, taking turns in conversation using short questions.
Use visual cues or social stories to practice listening skills.

🚀 **Middle School**
Practice starting and ending conversations with peers or adults.
Role-play asking for help, making a request, or sharing an opinion.
Practice phone call or video etiquette with a trusted adult.

🎓 **High School**
Role-play workplace and community scenarios.
Practice making phone calls to schedule appointments.
Work on interpreting tone and appropriate responses in different settings.

Have questions?
Reach out to Lauren Moreno, Transition Coordinator
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Quick Family Tip:
Practice one short social interaction each day, such as saying hello to a neighbor or thanking a cashier. Keep it brief and positive. Small, consistent practice builds confidence and strong communication skills over time.